



Meal Prices: Reduced student: .30 cents. Paid student: \$1.00 . Adults \$2.00.

USDA is an equal opportunity employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

1

2

3

4

Asst. Cereal (2) OR
Honey Bun
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pancake w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Chicken & Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Breakfast Bar & Toast
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pancake on a Stick
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Breakfast Pizza
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
French Toast Sticks w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Sausage & Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Super Donut
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pillsbury Cini Mini's
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Ham & Cheese Croissant
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Dutch Waffle
Strawberries
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Chicken Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Strawberry Cream Cheese Bagel
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Waffles w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Bacon, Egg & Cheese Croissant
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Muffin & Yogurt
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Sausage & Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pancakes w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pop Tart & String Cheese
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Breakfast Burrito w/salsa
Fresh Fruit
Fruit Juice Choice
Milk Choice

Asst. Cereal (2) OR
Pancake on a Stick
Fresh Fruit
Fruit Juice Choice
Milk Choice